

## Full Report (All Nutrients) 09351, Fruit cocktail, canned, heavy syrup, drained

Report Date: June 30, 2017 05:20 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 214g
<b>Proximates</b>					
Water	g	80.40	--	--	172.06
Energy	kcal	70	--	--	150
Energy	kJ	293	--	--	627
Protein	g	0.47	--	--	1.01
Total lipid (fat)	g	0.10	--	--	0.21
Ash	g	0.24	--	--	0.51
Carbohydrate, by difference	g	18.80	--	--	40.23
Fiber, total dietary	g	1.7	--	--	3.6
Sugars, total	g	17.14	--	--	36.68
<b>Minerals</b>					
Calcium, Ca	mg	7	--	--	15
Iron, Fe	mg	0.29	--	--	0.62
Magnesium, Mg	mg	5	--	--	11
Phosphorus, P	mg	12	--	--	26
Potassium, K	mg	90	--	--	193
Sodium, Na	mg	6	--	--	13
Zinc, Zn	mg	0.08	--	--	0.17
Copper, Cu	mg	0.086	--	--	0.184
Selenium, Se	µg	0.5	1	--	1.1
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	1.9	--	--	4.1
Thiamin	mg	0.019	--	--	0.041

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 214g
Riboflavin	mg	0.021	--	--	0.045
Niacin	mg	0.374	--	--	0.800
Vitamin B-6	mg	0.051	--	--	0.109
Folate, total	µg	3	--	--	6
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	6
Folate, DFE	µg	3	--	--	6
Choline, total	mg	2.4	--	--	5.1
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE <a href="#">1</a>	µg	14	3	--	30
Retinol	µg	0	--	--	0
Carotene, beta <a href="#">1</a>	µg	138	3	--	295
Carotene, alpha <a href="#">1</a>	µg	0	3	--	0
Cryptoxanthin, beta <a href="#">1</a>	µg	52	3	--	111
Vitamin A, IU <a href="#">1</a>	IU	273	3	--	584
Lycopene <a href="#">1</a>	µg	0	3	--	0
Lutein + zeaxanthin <a href="#">1</a>	µg	112	3	--	240
Vitamin E (alpha-tocopherol)	mg	0.60	--	--	1.28
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	3.9	--	--	8.3
<b>Lipids</b>					
Fatty acids, total saturated	g	0.014	--	--	0.030
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.010	--	--	0.021
18:0	g	0.004	--	--	0.009

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 214g
Fatty acids, total monounsaturated	g	0.018	--	--	0.039
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.018	--	--	0.039
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.042	--	--	0.090
18:2 undifferentiated	g	0.037	--	--	0.079
18:3 undifferentiated	g	0.005	--	--	0.011
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

**Sources of Data**

<sup>1</sup>National Institutes of Health (NIH) Carotenoid analyses of U.S. foods, Food Composition Laboratory, 1997